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CONTRACT Nova Scotia Community College students can finally go to class today not having to worry about a strike.

The 930 NSCC teachers and support staff voted overwhelmingly in favour of a three-year contract with the school.

The Nova Scotia Teachers Union, which was representing the 930 staff in a legal strike position, announced Friday night the faculty voted 85 per cent in favour of the agreement while 97 per cent of the professional support unit gave it their vote of approval.

The agreement includes a 2.9 per cent salary increase in the first year, along with one per cent increases for the next two years.

The agreement also includes increasing the current salary grid by one per cent retroactive to Sept. 1, 2008.

METRO HALIFAX

News on the Move

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Local pg 2



Sailors bid their families goodbye

On the web
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Women wait for rights

Matrimonial property bill long overdue, aboriginal elder says

LAURA EGGERTSON
for Metro Canada

Despite the federal government's promise to resume deliberations this fall about legislation to ensure that First Nations women on reserves have rights to their matrimonial homes, no debate has yet been scheduled on the parliamentary calendar.

The law is long overdue, many aboriginal women say.

"It's about time," says Shirley Williams, an Ojibwa and Odawa elder who teaches native studies at Trent University in Peterborough, Ont.

Bill C-8 would ensure women on reserves have the same legal rights as other Canadians to matrimonial property, meaning they and their children are entitled to court-ordered protection to remain in their home in cases of domestic violence. Currently, there is no legal framework protecting their right to stay.

The legislation closes a legal gap that the Supreme Court and a legal action by the Native Women's Association of Canada pointed out, says Line Paré, director



Ojibwa and Odawa elder Shirley Williams says it's high time Bill C-8 became law. The legislation ensures women on reserves have the same legal rights as other Canadians to matrimonial property.

general of external relations and gender issues for Indian and Northern Affairs Canada.

This bill follows legislation the federal government passed in 2008, repealing Section 67 of the Canadian Human Rights Act. The section previously exempted First Nations

people from claiming remedies to discrimination arising from the Indian Act.

For Williams, the laws begin to remedy problems she acknowledges.

"There's still a lot of physical abuse and violence on reserves towards women, because according to the Indian Act, men are

the head of the households," Williams says.

Williams attributes that inequality to assimilation and education about the gender roles that conquering Europeans instilled.

"That's how we were trained, how we were taught, that men ruled the world. That's not the way it

FocusOn FirstNations

was before the Europeans came to Canada," Williams insists.

Beverly Jacobs, president of the Native Women's Association of Canada, is also deeply concerned about the level of domestic violence and inequality aboriginal women face on- and off-reserve. The new legislation is only an interim step, she stresses.

"Right now, this matrimonial real property legislation doesn't work," she says.

"There were other issues that needed to be addressed — like violence, housing and access to justice. You can't just have a piece of legislation drafted without acknowledging the non-legislative pieces that go with it."

Those non-legislative pieces include safe housing, access to lawyers and money to pay them, Jacobs points out.

Paré says First Nations women can use legal aid programs, although she acknowledges there is no additional funding to increase that aid in this bill.

Motorists should help pay for transit: Report to city hall

PAUL MCLEOD
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City hall is reading over a sure-to-be controversial transit report that recommends hiking prices for car drivers to pay for more public transit.

The five-year plan predicts Metro Transit rider-

ship will jump by three million to 23 million in 2014. To serve this growing market will be expensive.

Between expanding the fleet and replacing aging vehicles, the independent report says Metro Transit will have to buy over 100 new buses at a cost of \$53.7 million.

The report recommends targeting drivers for the extra money.

Increased parking fees and more parking meters were central suggestions for finding new funding.

The report determined people are less likely to take the bus if they have access to free parking.

Other suggestions in-

clude a vehicle registration levy and various taxes, such as new gasoline and property taxes.

The report also recommends raising bridge tolls from 75 cents to a dollar, but council doesn't have the authority to make that move unilaterally.

Looking ahead long-term, the report said HRM

needs to start seriously thinking about shutting off part of the downtown to cars.

It outlined Barrington Street and Spring Garden Road as potential bus-only corridors.

The report has been presented to council and will come up for discussion tomorrow.

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Local



Layton speaking at labour convention

Federal NDP Leader Jack Layton will be in Dartmouth this morning, speaking at the 45th Convention of the Nova Scotia Federation of Labour at the Holiday Inn Harbourview. Layton takes to the stage at 9 a.m. Nova Scotia Premier Darrell Dexter was scheduled to speak to the convention last night. Other speakers include federation president Rick Clarke and the province's chief public health officer, Dr. Robert Strang, who will speak to delegates Wednesday about H1N1.

METRO HALIFAX



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Gun used in robbery at Tims near university

CRIME Halifax Regional Police are investigating a weekend armed robbery at the Tim Hortons on the Bedford Highway near Mount Saint Vincent University.

The regular Tims location is currently undergoing renovations and the robbery took place at its temporary trailer, which is located on the same property.

Police say there were two suspects in the robbery that took place Saturday around 9:45 p.m.

Police say one suspect brandished a handgun and completed the robbery while the other suspect stood by the rear door. Both had their hoods up the entire time, while the suspect with the handgun sported a multi-coloured bandana over his face.

METRO HALIFAX



Video IED training program is the first order of business for troops arriving in Afghanistan, at metronews.ca/canada

Blogs Kenya Hunt saves the day with moustache style tips just in time for "Movember"

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 These results are not official.

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Leading Seaman Matthew Raniowski hugs his wife, Shelley, son Liam, 3, and 18-month-old daughter Brenna before leaving Halifax harbour aboard HMCS Fredericton yesterday morning. The navy frigate left for a six-month deployment to the Middle East on anti-piracy and anti-terrorism missions.

Navy frigate sets sail

Staff on 6-month deployment to Middle East

MONIQUE MUISE
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Heading up the gangplank onto the deck of HMCS Fredericton, Chris Peters waved one last time to his wife, Tammy, and his 17-month-old son Brady yesterday as his ship prepared to pull away from the Halifax naval dockyards.

"Leaving your family at home is always hard," said Peters. "It's everything you're going to miss ... coming home and seeing how big he's gotten."

It was a soggy, wind-swept sendoff for the 245 military personnel who bade goodbye to tearful children, husbands, wives and parents on the docks yesterday morning. With

military precision, the ship set sail at 11 a.m. for a six-month deployment to the Middle East. It will be integrated into the standing NATO Maritime Group providing security operations in the Arabian Sea and Indian Ocean.

Cmdr. Steve Waddell said this is his fifth deployment to the area and if he has learned anything, it's to expect the unexpected. "It's been a long time getting ready for this, and we're ready to go," said Waddell. "Once we arrive in November ... we'll be working in a counter-piracy role off the Horn of Africa. After that, perhaps a little bit more of the anti-terrorism work against al-Qaida into the new year."

For many members of the crew, including Peters, the journey marks the first time they will be away from home for so long. "It doesn't seem real yet," said Tammy Peters, clutching her happily gurgling toddler. "I think after the first month it'll hit me."

For Lisa Mullin, it was an all-too familiar scene. Her husband, Donald, has been deployed six times before and she said the week leading up to his departure is the hardest on her and their two children, Hunter, 12, and Madalyn, 14.

"Once we adjust, we adjust," she said, shrugging. "We're independent, and we've taught our kids to be independent ... people say I knew this when I married him, but knowing it and liking it are two different things."

Dartmouth theatre artist awarded Portia White Prize

HONOUR Dartmouth theatre artist Mary Vingoe has captured the prestigious 2009 Portia White Prize.

She won the award Saturday night at the Creative Nova Scotia awards gala in Tusk.

Vingoe is an actor, writer, director and producer who is described as creating high-quality work

that gets rave reviews from both critics and audiences. Vingoe is also the founder of Eastern Front Theatre in Dartmouth and Ships Company Theatre in Parrsboro.

The annual award worth \$25,000 is named after Nova Scotian classical singer Portia White. It is considered one of the most pres-

tigious arts awards in Canada, promoting excellence, innovation and expression in the arts.

The other finalists were blacksmith and sculptor John Little of East Dover and Mary Jane Lamond, a singer and Gaelic ambassador from Glendale, Inverness Co.

METRO HALIFAX

Tougher climate change stance sought at protest

PAUL MCLEOD
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ENVIRONMENT Despite bad weather, people arrived at an environmental rally on the Halifax Common with signs in hand on Saturday.

The rally — one of countless held across the world as part of an environmental international day of protest — was designed to pressure the Canadian government to adopt a tougher stance on climate change.

There was music and games, and organizers say hundreds of people were present at the event's peak, but there was an underlying feeling of anger.

Halifax MP Megan Leslie bluntly told the crowd that it had been "a crappy week" for environmental lobbyists in Canada. On Wednesday an NDP bill that would have imposed tough greenhouse gas targets was delayed for 30 days by the Liberals and Conservatives.

That means it likely

cannot be passed before the Copenhagen climate change summit in December.

Leslie called the vote a betrayal to Canadians.

"It's challenging there right now but it's inspiring here to see everyone saying 'No, that's not acceptable,'" Leslie told the cheering crowd.

The goal of the so-called 350 rallies is to promote lowering the amount of carbon dioxide in the atmosphere to 350 parts per million. It's now at about 378 parts per million.

Halifax organizer Brian O'Neill said it was long past time the government accepted taking a hard stance on climate change. He said Canada is being left behind.

"We're slack when it comes to doing anything with greenhouse gases and we're a laggard economically," said O'Neill.

"And we're going to stay that way if we insist on keeping mired in greasy, sooty, hydrocarbon-based resource extraction."

Community clinics for flu vaccines opening next week

HEALTH Community clinics for H1N1 and seasonal flu vaccinations are opening a week from today.

The Capital District Health Authority has announced a complete schedule list for vaccination clinics, which will run from Nov. 2 to the end of next month.

The CDHA is encouraging all adults and children to go to any of the clinics, with complete information, including locations and times, available at cdha.nshealth.ca and iwk.nshealth.ca.

Nova Scotia's chief medical officer, Dr. Robert Strang, urged everyone last

Wednesday to get vaccinated to protect themselves against the H1N1 flu. His declaration came on the same day the federal government approved the H1N1 vaccine.

"I think we are on the beginning of our second wave here in Nova Scotia," Strang told reporters at a news conference, citing new cases being diagnosed in the province.

High-risk groups include young children, people under 65 with chronic conditions, and health-care workers. But Strang emphasized that everyone is susceptible.

METRO HALIFAX

News in brief

CHILD PORN Police say a 42-year-old man is charged with child pornography offences after a search was conducted at a home in Halifax. Members of the Integrated Internet Child Exploitation Unit seized two computers, an external hard drive, memory sticks and

numerous CDs during yesterday's raid. Police say Peter James Dominix of Halifax was arrested without incident. He's scheduled to appear in court at a later date to face charges of accessing, possessing and distributing child pornography.

THE CANADIAN PRESS

Teenaged girl charged with assault on an officer

A girl is facing an assault charge after a Halifax RCMP officer suffered a bite to his arm during an arrest in Sackville. Police say they apprehended two teenaged boys and a teenage girl after responding to a possible break and enter at a construction site around 11:20 p.m. Thursday. **METRO HALIFAX**

Inquiry views motionless Howard Hyde in chilling video

Several corrections officers hunched over the seemingly lifeless body of Howard Hyde moments after they forced the mentally ill man down to the ground during a brief struggle two years ago, an inquiry into his death saw Friday.

The chilling scene played out on a grainy video taken on Nov. 22, 2007 at a Nova Scotia correctional facility, where the paranoid schizophrenic was being held on a charge of assault.

Only Hyde's legs, motionless and clad in dark

prison pants, can be seen in the foreground of the scratchy video as about three officers try to restrain the 45-year-old musician, who guards had described as delusional and non-sensical.

Cameron Lamond, an of-



Howard Hyde

ficer who led Hyde to a cramped, windowless cell, said he overheard one of his colleagues say blood was coming from the man's mouth as he lay on the floor.

Lamond said health-care

services and 911 were called shortly after. Several minutes seem to elapse in the time from when Hyde becomes still and the health worker arrives in the cell as other guards stand by, wiping their brows. Hyde, who had long suffered from schizophre-

nia, had been off his medications for more than a week at the time. He was taken to a hospital where he was pronounced dead.

A coroner later listed the cause of death as excited delirium stemming from paranoid schizophrenia.

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Three adults are facing charges of drug trafficking and drug possession after a search of a residence on Jackson Road was conducted by Halifax Regional Police's Integrated Drug Unit on Friday. Police say they seized crack cocaine, marijuana, cash and drug paraphernalia in the search. **METRO HALIFAX**

New group will oversee electricity efficiency in N.S.

POWER Electricity efficiency programs in Nova Scotia will be administered by a new independent corporation under proposed legislation.

Bill Estabrooks, the minister responsible for Conserve Nova Scotia, says the Efficiency Nova Scotia Corp. will be responsible for a fund that will deliver electricity efficiency programs.

Under the legislation regulatory oversight of the corporation and its programs will be the responsibility of the province's Util-

ity and Review Board.

The province says Nova Scotia Power will continue as the interim manager of electricity efficiency programs until the new corporation is operational next spring.

The government plans to have the new administrator manage many of the programs currently delivered through Conserve Nova Scotia.

Estabrooks says the goal is to simplify access to conservation programs and to avoid duplication of services. **THE CANADIAN PRESS**

HRMbyDesign gets OK from province

APPROVAL HRMbyDesign is officially official. The much talked about and much debated downtown Halifax plan finally came into effect Saturday after receiving support from the province.

"We are very pleased to have received the official stamp of approval from the province," Mayor Peter Kelly said in a HRM release. "The plan's streamlined development approval process and focus on high quality building

and public space design will give downtown Halifax a competitive edge in Atlantic Canada and beyond."

HRMbyDesign is a 25-year vision for Halifax's downtown and will govern how it develops in that time.

Halifax regional council voted to pass HRMbyDesign in early June, with only one councilor voting no — Jennifer Watts of Connaught-Quinpool.

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'We're not going anywhere'

Atlantic Fashion Week spotlights East Coast design talent

MONIQUE MUISE
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Halifax will put its most glamorous foot forward this week, with fashion designers from all over the Atlantic provinces descending on the city for a glitzy showcase of homegrown design talent.

"I'm very excited," said Veronica MacIsaac, one of the designers featured in Atlantic Fashion Week, which begins today and runs through Friday.

"I can't wait to see what some of the new designers are coming out with."

Produced by Halifax modelling agency City Models, AFW is currently in its third season. This round of shows will feature a number of new collections from designers like Orphanage Clothing Company, Maxwell John Designs and P.E.I.-based Sunsets on the Eastside.

MacIsaac, 26, participated in the last two events and said the East Coast fashion industry will only continue to grow as new talent emerges.

"There's more than we even know at this point," she said.

"There's a big group of us that get together sometimes for coffee or drinks, and we all want to stay here. Some people might assume that we're trying to get to Toronto or New



A model shows off a dress by Veronica MacIsaac of Halifax. MacIsaac is one of several fashion designers participating in Atlantic Fashion Week, which begins today and runs until Friday.

York, but it's the complete opposite — we're not going anywhere."

Originally from Halifax, MacIsaac grew up around

sewing machines and says she received most of her training from her mother.

"My parents are kilt-makers, so I was involved

Fashion fix

• **WEDNESDAY — Mercedes Benz Dealership, Kempt Road**

Runway shows from Maxwell John Designs, Drunk Gurl, Lycheeline and more. Students from the Nova Scotia College of Art and Design.

• **THURSDAY — Olympic Centre, corner of Hunter and Cunard streets**

Runway shows from Veronica MacIsaac, Sunsets on the Eastside, Orphanage Clothing, Kavita Khanna and more.

• For ticket information, visit atlanticfashionweek.com

in that world," she said. "At different events I would have to wear the family tartan ... but I couldn't find anything that didn't look like something my grandmother would wear. People started asking me to make things in tartan that were modern."

Now, with two successful shows already under her well-tailored belt, MacIsaac is set to unveil her third collection on Thursday evening.

"Sometimes I think I'm insane to work for six months, hemorrhaging money, all for a 15-minute show," she said.

"But it's such an adrenaline rush."

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Monument to Creighton unveiled

SPORT Prime Minister Stephen Harper has unveiled a monument to the man considered the father of modern hockey at Canada's national cemetery.

Halifax-born James George Aylwin Creighton, who died in Ottawa in 1930 as the country's longest serving Senate law clerk, is credited by historians with organizing the game and laying down most of the rules.

He took the game, known as shinney, from outdoor ponds and on to an indoor rink in Montreal in 1875.

"In the following two

decades it would spread like a Prairie wildfire across the length and breadth of our Dominion," Harper told a small gathering of hockey historians and officials Saturday.

The prime minister noted that Creighton remained an avid sportsman all his life and even played hockey in the fledgling Parliamentary League as part of the Rideau Hall Rebels.

The Society for International Hockey Research led a fundraising drive to erect a refurbished headstone and monument to Creighton.

THE CANADIAN PRESS

News in brief

VANDALISM No arrests have been made after Halifax RCMP say youths driving a golf tractor caused damage around the Ashburn Golf Club in Waverley late last week. Police say at 1:24 a.m. on Friday they responded to a complaint that a mini tractor had crashed into a tree in front of a residence on

Fall River Road and two male youths were seen running away on foot. Police say they observed a stop sign and several garbage bins flattened by the tractor. Police then went to the golf club and found that the gate where the tractor was stored was forced open.

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Canada/World

Olympic snowboarder eyes spot in Commons

Rebagliati to run for Liberal Party in B.C. Interior

JEFF HODSON
for Metro Canada

Ross Rebagliati, the first snowboarder to win Olympic gold, is expected to be acclaimed as Liberal candidate in the B.C. Southern Interior riding of Okanagan-Coquihalla.

"If I'm going to make a dent in the election, it's going to be with the youth," said Rebagliati, who lives in Kelowna with his wife and newborn son.

The nomination will take place at 6 p.m. in Penticton — so far, he's the only nominee.

Rebagliati captured gold at the 1998 Games in Nagano, Japan, but had the medal stripped after tests detected marijuana in his blood. The ruling was overturned and the medal returned.

The incident slamed Rebagliati into overnight celebrity. He even appeared on the Tonight Show and was referred to as 'Nickelbagliati' in a Leno monologue.

The 38-year-old will take on International Trade Minister Stockwell Day, the former leader of the Canadian Alliance, who has held the riding for almost a decade.

Day won Okanagan-Coquihalla with 58 per cent of the vote in the last elec-



Ross Rebagliati of Whistler, B.C., holds his gold medal after placing first in the Olympic Giant Slalom Snowboarding competition in Nagano, Japan in 1998. The medal winner is expected to be acclaimed as a Liberal candidate to run against Stockwell Day.

tion.

Craig Munroe, president of the Liberal Party of Canada in B.C., said the former Olympian will have to work hard to meet voters and show the contrast between Day and himself.

"Anybody who has achieved the level of the Olympics knows what it means to work hard," Munroe said.

Rebagliati said Day captured only "a fraction of the potential vote" as only

60 per cent of eligible voters cast ballots in the riding. He said the key to beating Day is to engage the young.

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More than 140 killed in Baghdad bomb blasts

IRAQ A pair of suicide car bombings yesterday devastated the heart of Iraq's capital, killing at least 147 people in the country's deadliest attack in more than two years. The bombs targeted two government buildings and called into question Iraq's ability to protect its people as U.S. forces withdraw.

The bombings show that insurgents still have the ability to launch horrific attacks even as violence has dropped dramatically in Iraq. Many fear such attacks will only increase as Iraq prepares for crucial January elections.

The dead included 35 employees at the Ministry of Justice and at least 25 staff members of the Baghdad Provincial Council, said police and medical officials speaking on condition of

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anonymity because they were not authorized to speak to the media. At least 721 people were wounded, including three American contractors.

The street where the blasts occurred had just been reopened to vehicle traffic six months ago. Shortly after, blast walls were repositioned to allow traffic closer to the government buildings. Such changes were touted by Iraq's Prime Minister Nouri al-Maliki as a sign that safe-

ty was returning to the city.

The attacks occurred just hours before Iraq's top leadership was scheduled to meet with heads of political parties in order to reach a compromise on election guidelines needed to hold the January vote.

The initial investigation suggested the vehicles, each loaded down with more than 1,500 pounds of explosives, might have passed through some security checkpoints before hitting their destination, said Maj. Gen. Qassim al-Mousawi, a spokesman for the city's operations command centre.

There have been no claims of responsibility so far, but massive car bombs have been the hallmark of the Sunni insurgents seeking to overthrow the country's Shiite-dominated government. **THE ASSOCIATED PRESS**

Clashes erupt around holy shrine

JERUSALEM Israeli police firing stun grenades faced off yesterday against masked Palestinian protesters hurling stones and plastic chairs outside the Holy Land's most volatile shrine, where past violence has escalated into prolonged conflict.

A wall of Israeli riot police marched toward young men, sending many of them running for cover into the Al-Aqsa mosque, one of the Islamic structures in the compound known to Jews as the Temple Mount and to Muslims as the Noble Sanctuary. They remained holed up in the mosque with police outside for several hours until dispersing before nightfall. Eighteen pro-



A Palestinian youth hides as he hurls rocks at Israeli police.

testers were arrested, and no serious injuries were reported. But even mild troubles at the disputed compound in Jerusalem's Old City can quickly ignite widespread unrest, and po-

lice remained on high alert. "Jerusalem is a red line that Israel should not cross," said Palestinian Authority spokesman Nabil Abu Rdeneh.

THE ASSOCIATED PRESS

News in brief

POLITICS The federal Conservatives are fighting back with some stimulus number-crunching of their own, after enduring a week of Liberal accusations of pork-barrelling. The Conservatives are highlighting how they have spent billions of taxpayer dollars on major infrastructure projects mainly in opposition ridings rather than their own.

COURTS A Quebec mother, who was accused of the premeditated murder of her three young children last New Year's Eve, was found guilty Saturday by a jury. The bodies of Cathie Gauthier's three children and her husband, Marc Laliberte, were found in the family home Jan. 1.

THE CANADIAN PRESS

Flu poses danger to homeless: Advocates

HEALTH In one of Canada's first sweeps of H1N1 inoculation, street nurses will be ducking in and out of alleys on Vancouver's Downtown Eastside, vaccinating the homeless, the down-trodden and the drug-addicted.

On the other side of the country, H1N1 syringes will be popped into the arms of the down-and-out at some of the bigger shelters in Montreal and Toronto.

But many of those who work closely with the homeless hope the efforts will be enough to keep

H1N1 from striking a population segment that's among society's most vulnerable.

"It's a very dangerous situation," said Cathy Crowe, a street nurse and member of the Toronto Disaster Relief Committee.

Crowe wonders what shelters will do if their clients are indeed infected with H1N1.

"If somebody who's homeless gets sick, where do they recover for three or four days if they don't end up in hospital?" Crowe asked.

THE CANADIAN PRESS

Canadians not welcome in Libya: Gadhafi

FOREIGN AFFAIRS Canadian travellers have been told they're not welcome in Libya, in an apparent reprisal for Canada's near tongue-lashing of Moammar Gadhafi.

Gadhafi cancelled a planned stopover in Newfoundland last month after the Harper government made public its intention to scold the Libyan leader over the hero's welcome Libya gave a man convicted in the Lockerbie bombing.

Since then, Gadhafi has made clear to officials within Libya's travel visa offices that no visas are to be granted to Canadians wanting to enter the country.

That has left some Canadians who were part of recent tourist groups travelling in the Middle East and North Africa in the lurch. Canada's Foreign Affairs department says it is aware of the problems, and that Foreign Affairs Minister Lawrence Cannon raised the issue when

he met with Libyan officials last week in Tripoli.

Gadhafi drew international rebuke in August for throwing a huge welcome-home party for Abdel Baset al-Megrahi, who was released from a Scottish prison on compassionate grounds. The national fete for a convicted terrorist outraged many, especially the relatives of the 270 victims killed in the 1988 bombing of Pan Am Flight 103.

THE CANADIAN PRESS

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Comment

Carving the mangelwurzel

HineSight

Anne Hines

metronews.ca/hinesight

Recently, this column offered a Hinesight History of Thanksgiving. Due to the unprecedented success of this article (no one wrote in to complain), I give you The Hinesight History of Halloween. Halloween is believed to have originated with the Celts, who held a fall festival called "Shamhainiglub." This is a Gaelic word. Gaelic is an ancient language in which a whole bunch of letters were strung together and then pronounced anyway the Gauls felt like. So the likely translation of Shamhainiglub is Halloween.

We've all heard the phrase, "Nasty, brutish and

short." Nowadays, this means "a reasonable prediction for the current season of the Toronto Maple Leafs." In Celtic times it referred to "every bit of life, all the time."

In late October, the Celts believed evil spirits roamed the Earth for three days. I don't know why it was only three. Perhaps by that time the demons were saying, "Gosh, life here is really nasty, brutish and short" and figured there was nothing more for them to contribute. But during those three days it was necessary to protect yourself by scaring them off.

One way of doing this was, apparently, to place human heads on sticks out-

SunnySide

side the village. A modern expert explains this custom as "a means of structuring, reinforcing and defending hierarchical relationships between communities."

Loosely translated, this means "scaring the bejesus out of the other guy."

Later, actual heads were abandoned (as in, the practice was left off ... at least I think that's what it means) and vegetables carved with faces were used. The vegetable of choice was the mangelwurzel. I'm not making that up.

The proper way to carve a mangelwurzel was with a broadsword. You know, if Martha Stewart wanted to

offer us real culinary excitement she'd go after food with large military weapons.

And a popular holiday sport was mangelwurzel hurling. By "hurling" I believe they meant "throwing," not the other thing. Though not having ever eaten a mangelwurzel, I can't be sure.

Eventually, the Celts realized they needed a less silly-sounding name for mangelwurzel and it was renamed "rutabaga." At that point it seemed easier just to go with pumpkins.

Nowadays, children roam at Halloween. Those who wonder what connection there could possibly be between demons and children need to meet the kid two doors down from me. And now, of course, our strategy is to be as nice as possible. It's the Canadian way.

Happy Halloween!

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



ROSS REBAGLIATI TO ENTER POLITICS:

THE LIBERAL PARTY
JUST MAKES SENSE
TO ME.



Worth mentioning

'Polygamy club' upsets women's groups, clerics

Plans to open branches of a Malaysian "polygamy club" in Indonesia have upset women's groups and religious leaders in the world's most populous Muslim nation, who say the search for multiple wives should be handled privately —

people facing problems in polygamous households.

The Malaysian owners say they want to "change perception about

polygamy, so that they will see it as a beautiful rather than abhorrent practice," club chair-

woman Hatijah Binti Am said as members from around 30 families attended a gathering for the opening of the first Indonesian branch last week.

Others will soon be added, including in the capital, Jakarta, said spokeswoman Rohaya Mohamad. THE ASSOCIATED PRESS

Muhammad

- Polygamists point out the Prophet Muhammad is thought to have married about a dozen women in his lifetime, including widows in need of protection.

not by a matchmaking service.

Under Islamic law, Muslim men are permitted four wives. The club claims a noble aim of helping single mothers, reformed prostitutes and women who feel they are past marrying age meet spouses. It also offers counselling to

Views

Transport plan should redefine the road

CleanBreak

Rochelle Owen

metronews.ca/cleanbreak

Next year, the provincial government is slated to release a sustainable transportation plan.

This should be a welcome strategy, given the environmental and health impacts of transportation, fluctuating fuel costs, social equity issues, and the traffic congestion from major projects such as the Fairview Overpass.

If sustainable transportation is to be a true priority, connected infrastructure to support efficient, effective, and safe travel is needed.

Successful examples can

be pulled from cities around the globe. One stunning transformation often cited is the three-year turnaround of Bogota, where vehicle traffic was reduced by 40 per cent through a rapid bus system, 300 kilometres of bike lanes, vehicle restrictions in the downtown core, car-free days and other measures.

Bogota funded this initial capital transformation through additional government funding and a fuel tax.

The announcement of the further expansion of Metro Transit through the acquisition of a new garage and the potential for new buses is good news.

In the Halifax Regional Municipality, Metro Transit buses get caught up in the same traffic as daily commuters. This is problematic

given our pinch points onto the peninsula.

Many cities have dedicated bus and carpool lanes. This can make a bus trip much quicker and more attractive.

Helsinki has about 35 kilometres of bus lanes. Closer to home, Edmonton launched a dedicated bus lane this summer while other cities in Canada and around the globe are increasing the number of dedicated lanes.

More priority bus lights also assist buses in getting ahead of traffic. Ferries, of course, do not get caught up in a lot of traffic.

This is another potential strategy for reducing congestion from Bedford and the Arm/Purcell's Cove side of the harbour.

This needs to be coupled with infrastructure such as carpool lots.

Other connected infrastructure investments include dedicated bike lanes/paths and end-of-use bike parking and facilities.

Priority on creating connectivity of key routes while also continuing to add bike lanes to new and existing roads can make a difference. New York City won the International Sustainable Transportation Award this year for creating 255 kilometres of on-street bike lanes, with bike ridership increasing by more than 35 per cent.

A trip to Montreal or Ottawa will highlight how major bike lane corridors can be incorporated and used. For the future, I think we need to redefine the road.

Rochelle Owen is director of sustainability at Dalhousie University. She has worked in the environment and sustainability field for 19 years; rochelle.owen@gmail.com.

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Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

Wary of the endless debate around global warming? Canadian public relations expert James Hoggan blames spin doctors for all the naysaying. Read the entire account in his book *Climate Cover-Up: The Crusade to Deny Global Warming*, co-written with journalist Richard Littlemore. Paperback, \$22.99. **METRO NEWS SERVICES**

The PR angle

Going Green

EDITOR: KUMAR.SAHA@METRONEWS.CA



Pencils make point

Earthzone has created a line of environmentally friendly pencils that help you erase the eco-guilt every time lead touches paper. The Canadian company's products are made from 100 per cent post-consumer newspaper.

METRO NEWS SERVICES

Eco features valued

Buyers willing to pay for energy efficiency: Study

Energy efficiency is becoming increasingly important to new homebuyers, but a lot of builders aren't capitalizing on this "green" interest, according to a new energy efficiency study.

The fourth annual EnerQuality Energy Efficiency/Green Building Survey released last week found that nine out of 10 Ontario homebuyers value energy efficiency when making a new home purchase. And they are willing to pay more for these features, despite the tough economy.

"It's an overwhelming endorsement. Homebuyers recognize that energy efficiency is important when purchasing a home," said Corey McBurney, president

"The appetite is there. Even in recessionary times, consumers still care about energy efficiency."

EnerQuality Corp's Corey McBurney

of the EnerQuality Corp.

The survey, however, found that less than half of homebuyers had been offered energy-efficient features by their builder.

The survey, done in July and August 2009 by the EnerQuality Corp. (which delivers Energy Star, EnerGuide, R-2000, LEED Canada for Homes and Green-

House programs in Ontario) was based on responses from 1,638 new homebuyers in the Greater Toronto Area and Ottawa-Carleton. The survey respondents had closed a new lowrise home purchase in 2008.

Not only did buyers value energy efficiency, they were willing to pay more for those features — an average of \$13,183. Forty per cent of them were willing to pay \$10,000 more for a green home in 2009, compared to 22 per cent in 2008. And 92 per cent of homebuyers intend to choose an energy-efficient home again in the future.

The main driver is saving money — 27 per cent listed that as the main reason



NDP MP Olivia Chow has seven solar panels on the Toronto home she shares with husband Jack Layton, the national NDP leader. A recent survey shows that nine out of 10 new homebuyers are willing to pay more for energy efficiency despite the tough economy.

why an energy-efficient home is important to them, followed by a healthier indoor environment (19 per cent) and protecting the environment (17 per cent). Energy savings were important to both first-time and repeat buyers.

"I'm happy to see the strong recognition of the value of energy-efficient homes, but home builders aren't as strong in selling this stuff as we'd like. There is a disconnect

there," said McBurney.

McBurney said he felt that energy efficiency "dropped off as a talking point" for most builders when the market took a dive last winter and builders started slashing prices and looking for ways to cut costs.

In the survey, 12 per cent of homebuyers who did not perceive energy efficiency to be important cited "my builder didn't offer it" as their main reason for

feeling that way.

"What we found interesting is a jump in what people are willing to spend on energy-efficient features," says McBurney.

"More than 70 per cent would be willing to spend \$5,000 or more, with the average cited as \$13,000. That's a significant result. The appetite is there. Even in recessionary times, consumers still care about energy efficiency."

TORSTAR NEWS SERVICE

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Sending out a rainforest SOS

CELIA PEDROSO
Metro World News



Sending an SOS to the world is what British rock star and environmentalist Sting has been doing lately. This time not with The Police hit song *Message in a Bottle* but with a video, part of the Rainforests SOS, a campaign currently being conducted by Prince Charles' Rainforests Project (PRP).

The main goal is to draw attention and support to preserve world's rainforests. To get global awareness, Sting and other celebrities have joined the Prince of Wales' project.

"Climate change and the rapidly increasing destruction of the Earth's ecosystems, which we depend upon for vital materials and services are, to my mind, the greatest challenges facing the world.

"If unchecked, they will dwarf any of our current financial difficulties, resulting in billions of environmental refugees, uncertain production of food and lack of wa-



Rainforests play host to a large number of plant and animal species, as well as indigenous tribes.

ter, the increasing spread of disease and, of course, growing social instability. They will affect the well-being of every man, woman and child on our planet," Prince Charles told Metro.

Sting's support of the campaign coincides with the 30th anniversary of *Message in a Bottle*.

"Thirty years ago, I wrote *Message in a Bottle*. Today, I'm supporting The Prince's Rainforests Project to send an SOS to the world. Sending your SOS is easy, and can help create the climate for change."

The campaign expects to



British rock star Sting sends a frog message through a video on rainforestsos.com.

get the biggest global SOS before the UN's international climate change meeting in Copenhagen in December.

A task for Junk Raiders

New Discovery Channel show Junk Raiders has tasked a team of professionals to transform an old factory space into a trendy and fully functioning boutique loft. **METRO NEWS SERVICES**

going green **9**

They smell like nature

Many perfumers picking up eco-friendly scents

ROMINA MCGUINNESS
Metro World News



The green revolution is pretty much taking over our lives; from the clothes we buy, to the food we eat, to the perfume we wear. A handful of companies are coming up with perfumes devoid of synthetics and chemicals, responding to the increasing need to cut out the contact we have with unnatural substances and toxins. The question is, do we really know which are best?

"The world of perfumes is a world of dreams. The role of a perfumer is to create a smell someone will fall in love with; the industry rotates around the notion of pleasure" explains



"Biological scents don't last as long on the skin, so I played on the idea."

Perfumer
Olivia Giacobetti

Olivia Giacobetti, one of the most respectable 'noses' in the perfume industry.

Having created signature scents for the likes of Guerlain, L'Artisan Parfumeur and Diptique, her latest collaboration with Honoré des Pres a 100 per cent biological perfume (one of the few bearing the Eco Cert label) has made everyone follow her scent.



According to Giacobetti, claiming to be eco is simply not enough when it comes to creating a scent. She doesn't believe creating an eco perfume is a concept in itself — what you need is backbone, heaps of creativity.

"Try and imagine the per-

fume world through the eyes of an architect. A perfume that is 100 per cent biological, it's like building a house without concrete, bricks or steel. The end result will be only a straw house instead of a brick one. I set myself two rules; never attempt to build a brick house from straw, and

never attempt to copy a synthetic perfume scent.

"For Honoré des Pres, I had to work towards something new. When I created the 'Nu Green' scent, I pictured it being sprayed with the swiftness of a draft of air or gushing water. Biological scents don't last as long on the skin, so I played on the idea. It's a bit like taking a magnifying

glass and creating a raw, though-provoking smell where essentially the raw material is

the smell."

This is no cue for you to rush to your perfume cabinet and swap your bottles of Chanel or Guerlain for some herbal concoction of rose petals and lavender.

"That us perfumers believe chemistry and synthetics are dangerous is a huge misconception. A lot of the synthetic molecules used in perfumes are natural ones chemists have 'isolated' and reproduced. Nature has its drawbacks. Take Mandarin and Bergamot, both are 100 per cent natural, yet they can set off terrible allergic reactions."



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The number of U.S. banks that have failed so far this year topped 100 on Friday — hitting 106 by the end of the day — the most in nearly two decades. But the trouble in the banking system goes even deeper. Dozens, perhaps hundreds, of other banks remain open even though they are as weak as many that have been shuttered. **THE ASSOCIATED PRESS**

Tally of shuttered U.S. banks hit new high

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Business in brief

MORTGAGES The Bank of Montreal said in a report released Friday that, over the past 30 years, variable-rate mortgages have been more cost-effective for Canadians 82 per cent of the time. That may come as a surprise, as studies show many Canadians prefer a more stable fixed-rate mortgage.

TSX The Toronto stock market finished sharply lower Friday in a broad-based decline led by falling tech and energy shares. The S&P/TSX composite index dropped 151.24 points to 11,382.13. **THE CANADIAN PRESS**

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Deficit could reach \$110B

Cuts, tax hikes may be needed as government bills pile up

The bills are coming in across the country, and they are hefty.

In the last two days, Ontario reported it will suffer a \$24.7-billion deficit in the current fiscal year, almost double its March projection, and the federal government said it is already \$23.7 billion in the red, only five months into its year.

With Quebec issuing an update next week, the TD Bank is also revisiting its report earlier this week that the total public sector shortfall will be at least \$90 billion this year; it likely will be in the \$100-\$110 billion range.

TD Bank economist Derek Burleton says governments are creating such a debt elephant that

they will need to cut spending drastically or even raise taxes to prevent Canada from falling into the deficit nightmare of the 1970s, '80s and '90s.

Bank of Montreal economist Douglas Porter agrees that governments will soon have to shift their attention from how to spend to stimulate the econ-

omy to how to kill the monster they created.

On Friday, Finance Minister Jim Flaherty told a business audience near Toronto that the government needed to pump spending in the face of a deep recession.

And he repeated the familiar mantra that Canada is "by far" in the best fiscal position among the Group of Seven countries to pay off its mounting

"Deficits will be so large they will cry out for the need of some restraint."

Doug Porter, BMO economist

debts.

But economists say that distinction is carrying less weight with each new recalculation of upcoming shortfalls.

"I think we are going to reach an uncomfortable juncture, perhaps as early as next year, when the recovery is still relatively young, and yet deficits will be so large they will cry out for the need for some restraint," Porter said.

THE CANADIAN PRESS

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More energy buys in Canada likely: Analysts

INVESTMENTS Canada is one of the few regions left in the world that has a multitude of bite-sized firms exploiting its vast oil and gas resources, making it fertile ground for reserve-hungry global players to launch acquisitions.

"I think that Canada is an attractive area because there are lots of relatively small independent companies in Canada, which are easier to acquire than perhaps other regions of the world, where big players are exploiting oil," said Tom Grieder, Asia Pacific analyst with IHS Global Insight in London.

Most recently, state-owned Korea National Oil Corp. agreed this week to buy Calgary-based Harvest Energy Trust for \$4.1 billion in cash and debt.

KNOC's stated mission has been to grow into one of the globe's top 50 global energy companies with production of 300,000 billion barrels of oil equivalent per day. It has said it wants to acquire two companies by the end of the year.

THE CANADIAN PRESS

India unrest shuts Ontario Ford plant

AUTO Violent strikes and protests at a parts supplier in India are forcing a one-week shutdown of Ford Canada's plant in Oakville, Ont., the automaker said Friday.

Ford spokeswoman Lauren More said the parts shortage is the result of labour unrest at the supplier, Rico Auto Industries, which produces transmission components.

Reports say auto workers in India's Haryana state have been engaging in in-

CAW statement

• A Canadian Auto Workers spokesman said the temporary lull in operations at the plant, which employs about 3,000 people is a concern, but everyone hopes to be back at work soon.

creasingly violent strikes and protests after clashes between workers and police left one Rico employee dead last weekend.

THE CANADIAN PRESS

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Mystics claim women's soccer title

The Mount Saint Vincent Mystics won the Atlantic Colleges Athletic Association women's soccer title yesterday in Charlottetown, beating the King's Blue Devils 1-0. Jill Edwards scored and Breagh MacDonald had the shutout. **METRO HALIFAX**

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Sports

**Former Huskies QB leads Dinos to win**

Former Saint Mary's Huskies quarterback Erik Glavic went 25-of-34 for 470 yards and two touchdowns to lead the host Calgary Dinos to a 47-29 victory over the Regina Rams at McMahon Stadium on Saturday. The Dinos are 6-1.

METRO HALIFAX

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Herd losing streak hits 9 games

Grant held off the board as Mooseheads blanked by Sea Dogs in 4-0 loss

MATTHEW WUEST

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Gerrard Grant finally went silent on Saturday night, and that was enough to sink the Halifax Mooseheads.

The Halifax native saw his impressive points streak snapped at 11 games as the Mooseheads lost for the ninth straight time, 4-0 to the Saint John Sea Dogs before a season-high crowd of 6,777 on Pink in the Rink night at the Metro Centre.

Grant's streak came on the heels of Tomas Knotek's 10-game run and is the best all season in the QMJHL.

"I didn't even notice how long I was on a streak for until I was eight games in," Grant said. "Tom told me he was on a streak and when his ended, he told me he was going to keep mine going, but I guess things didn't bounce my way."

Without Grant or his linemates Knotek and Travis Randell finding the net, the Mooseheads couldn't generate any scoring against the first-place Sea Dogs. Despite 40 shots —



Mooseheads defenceman Pascal Amyot tries to backhand the puck past Saint John Sea Dogs goalie Marc-Antoine Gelinas during the second period of Saturday night's QMJHL game at the Metro Centre. It was Pink in the Rink night, held to help raise funds for breast-cancer research.

14 from the big line — the Mooseheads couldn't break through.

Grant's trio has received

little support lately, scoring nine of Halifax's 13 goals in the past seven games.

Making Grant's streak that much more impressive was the fact that it started his first game back

Cheremetiev

- The Halifax Mooseheads finalized the trade of forward Yuri Cheremetiev to the Bathurst Titan on Friday. The 20-year-old goes to the Titan with a fifth-round draft pick in 2011 for a third-rounder in the same draft. Halifax recoups the fifth-rounder if Cheremetiev is on the Titan roster after Jan. 10.
- Cheremetiev co-lead the Mooseheads in scoring last season and had seven points in 14 games this season. His 243 career games played rank fifth in Mooseheads history.

from wrist surgery. He also wore a playing cast for the first handful of games.

"I was surprised by how quick I jumped in," said the 19-year-old centre.

"My legs were faster than I thought they'd be. I've still got to work on my shot ... It's still stiff and sore, but it will come around after a few more games."

The Mooseheads, 1-15-1 and last in the Q by eight points, host the Montreal Junior on Thursday at 7 p.m.

Saint Mary's avenge loss to X-Men

MATTHEW WUEST

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FOOTBALL The Saint Mary's Huskies are getting a week to rest, and they have Devon Hicks and their defence to thank.

The Huskies clinched first overall and a bye to Atlantic University Sport football's Loney Bowl with Friday's 41-7 thumping of the St. Francis Xavier X-Men before a crowd of 4,273 at Huskies Stadium. The victory emphatically avenged the Huskies' opening-week loss to the X-Men in Antigonish.

Hicks, a first-year defensive lineman, picked off X-Men quarterback Steve Snyder twice in a 3:17 span in the second quarter and ran them back for four- and 18-yard touchdowns. The Huskies forced eight X-Men turnovers.

"We just did what we had to do," said Hicks.

"They're a good team, we just game-planned for 'em, our coach put us in the right place ... And we beat 'em pretty good."

Defensive back Jeff Hecht picked off another errant Snyder pass in the fourth quarter for a TD and running back Craig Leger rushed in a pair of majors in the final four minutes.

Adding to the excitement was Huskies kicker Justin Palardy, who booted two field goals and five converts to break Paul Brule's 42-year-old AUS career scoring record. Palardy, in his fourth season at SMU, has piled up 307 points.

Friday's victory sent a clear message to the X-Men, who have now lost back-to-back games after a 5-0 start.

"We're a good team, right?" Palardy said. "It shows if we do what we can do, we're going to go a long way."

The Huskies (6-1) host the Acadia Axemen on Friday. The Loney Bowl will be held at Huskies Stadium on Nov. 7.

Tigers on top of women's soccer

AUS The unbeaten Dalhousie Tigers women's soccer team moved into top spot in Atlantic University Sport with a big 2-1 road victory over the Cape Breton Capers yesterday. The Tigers, 8-0-3, are two points ahead of the P.E.I. Panthers.

In men's action on the weekend, the Tigers (6-2-3) suffered their first two losses of the season, 2-1 to Cape Breton and 2-0 to the St. Francis Xavier X-Men on Saturday.

Sports in brief

HOCKEY The Saint Mary's Huskies fell 7-4 to the nationally-ranked New Brunswick Varsity Reds on Saturday at the Forum. The V-Reds (4-0) tore apart the Huskies (2-1) with a six-goal second period. The Dalhousie Tigers (0-3-1) lost a pair on the weekend to remain winless.

METRO HALIFAX

Shepherd looking for a spot on Rainmen

MATTHEW WUEST

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PBL Jevohn Shepherd is hoping to show the Halifax Rainmen he deserves a spot on their roster.

Only seven months removed from his four-year NCAA Division I career with the Michigan Wolverines, the 6-foot-5 Toronto native paid his way to Halifax yesterday to participate in an open Rainmen tryout at Citadel High School.

Shepherd learned about the Premier Basketball League club from Jermaine Anderson, a close friend and a former Rainmen star who is now a staple on the national team.

"He told me this was a good league and to try it out, so here I am, trying it out," said Shepherd, who averaged 9.6 minutes, 2.5 points and 1.4 rebounds during his NCAA career.



Jevohn Shepherd is one of many trying out with the Rainmen.

"I'd definitely like the opportunity to experience this league."

Shepherd and former St. Francis Xavier X-Men guard Garry Gallimore are

two players from yesterday's open tryout who the Rainmen are most interested in.

A dozen players were in attendance, but only two

or three will be invited to the Rainmen's main training camp starting Dec. 1 in Yarmouth. Other hopefuls include former Dalhousie Tigers standout Devon Norris and Billy McNutt, a 6-foot-8 native of Oxford who won the Canadian Colleges Athletic Association player of the year at Douglas in 2008.

Shepherd described himself as a "jack of all trades." "Whatever they need me to do," he said. "This is pro basketball. You step in and learn. I'm not coming here with an agenda, I'm here to learn from guys and get better."

Rainmen newcomers Jason McLeish and Desmond Ferguson were both in town on the weekend along with returnees Tony Bennett, Eric Crookshank and John Strickland. Crookshank and Strickland are expected to be re-signed this week.

Glenn Howard, of Coldwater, Ont., won the World Cup of Curling yesterday with a 6-4 victory over Edmonton's Kevin Koe. With the win, Howard has won the Grand Slam of Curling event for the fourth year in a row. He's beaten Koe in each of the past three finals. **THE CANADIAN PRESS**

Pats roll over Bucs at Wembley

A trans-Atlantic trip couldn't slow down Tom Brady and the New England Patriots.

Brady threw three touchdown passes and had more than 300 yards as the Patriots (5-2) beat the winless Tampa Bay

Buccaneers 35-7 at Wembley Stadium yesterday in the NFL's third regular-season game at the iconic London venue.

For the Bucs, who gave up a home game to play in London, the new surroundings didn't help.

They fell to 0-7 and saw their losing streak extended to 11 games overall.

The Patriots were coming off a 59-0 win over the Tennessee Titans in which Brady tossed six TD passes. New England wasn't as overpowering this time,

and Brady even threw two interceptions in an uneven first-half performance.

The game was played before a sellout crowd of 84,254 at Wembley, England's national stadium.

THE ASSOCIATED PRESS

Sports in brief

PGA Troy Matteson birdied the second playoff hole to beat Jamie Lovemark and Rickie Fowler in the Frys.com Open yesterday at Grayhawk Golf Club. Bright's Grove, Ont., native Mike Weir had the round of the day, a sizzling 9-under 61 that left him in a tie for sixth. Calgary's Stephen Ames

finished at 11 under, seven strokes back.

THE ASSOCIATED PRESS

For a complete recap of last night's Yankees-Angels ALCS game, visit: **metronews.ca/sports**



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Did you know?

The North End is best known for the disaster of Dec. 6, 1917, commonly referred to as the Halifax Explosion. WIKIPEDIA.ORG

13**Your Neighbourhood:****North End****Library has history**

The Halifax North Memorial Public Library was opened in 1966 in memory of the victims of the Halifax Explosion. Located on Gottingen Street, in the heart of the North End neighbourhood, the library offers a welcoming environment as well as programs that strongly reflect the diverse makeup of the community. WIKIPEDIA.ORG

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA



Halifax's North End is being gentrified into condominiums — and some locals are hoping this will revitalize the neighbourhood without driving out their neighbours.

North End 'coming back to life'

JON TATTIE
for Metro Halifax



Halifax's North End is going through an ironic change: The "grittiness" that attracted new residents is being gentrified into condominiums that many locals can't afford.

While some feel threatened by the sprouting condo towers, others hope that they will revitalize the neighbourhood without driving out their neighbours. Places like Palooka's

Boxing Club on Gottingen Street and FRED on Agricola Street are bringing a splash of new life to an area lately better known for its empty stores and tired buildings.

Susanna Fuller is part of Imagine Bloomfield, a community group dedicated to breathing new life into the North End centre. She lives on Bloomfield Street.

"Fixing up a neighbourhood is good; bringing businesses into a neighbourhood is good. It means you can work close to

"Fixing up a neighbourhood is good; bringing businesses into a neighbourhood is good."

Susanna Fuller

home and have your kids in school in the neighbourhood," she says. "We have to make sure that we don't let the people who used to live in places they could afford, but were very run down, fall through the cracks."

Fuller would like to see government work to ensure new buildings have a minimum level of affordable housing mixed in with higher-priced places.

"That avoids ghettoization," she says. She also likes co-operative housing, where provincial governments step in to see that families pay rent based on income.

"It doesn't necessarily mean you kick all the poor people out," she says. "It can mean that suddenly you have new businesses that have employment for

people ... and people aren't living in poverty situations, even though their incomes are low. One family can make \$30,000 and live in poverty and another can make \$30,000 and not live in poverty conditions."

Doug Melanson has an idea why areas like the North End change. From Ottawa originally, he now lives in the North End and owns Menz Bar, Sea Dog's and Mollyz Diner in what he calls the "heart of Halifax's gay village." Gay people have long been drawn to the area, finding toler-

ance in its diverse population of people who are black, Mi'kmaq, students and artists.

"When I first moved here, it was pretty run-down and tired looking, but it's been slowly improving over the last seven years," he says. "Typically, in other cities, the gay communities have always ended up in the slummy area of the city, and what tends to happen is ... as we move in and fix it up, it becomes gentrified," he says. "The whole North End is coming back to life."



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Grainery one of a kind

RICHARD WOODBURY
for Metro Halifax

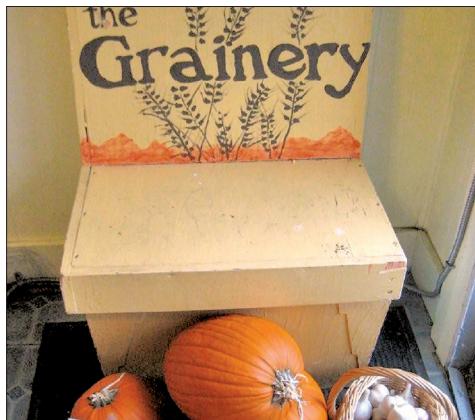
The Grainery Food Co-Operative is certainly one of a kind in Halifax, and maybe even Canada.

"It might be the only food co-op in Canada that is strictly volunteer, no fee, no paid staff," says communications director Pat Brennan. "That's pretty interesting."

The Grainery started as a booth at the Halifax Farmers' Market in June 1998, but the location on Agricola Street didn't open until June 2001.

Each Grainery member works a minimum of six hours per month. These hours can be spent doing tasks such as working shifts at the Farmers' Market or working at the Grainery's main location.

The objective of the Grainery is to provide affordable local and organic food to the community and to be environmentally friendly, such as by minimizing packaging and recycling and composting



The Grainery started as a booth at the Halifax Farmers' Market.

whenever possible.

Brennan says the buy local movement is helping the Grainery.

"It's just the ticket right now and it's just so timely," she says.

Brennan says the last few years have been tough as bigger grocery stores have started selling organic foods, but the membership base is growing.

The membership base in-

cludes people of all ages, she says, and that's part of the appeal for her.

"It's a good way to socialize," says the 65-year-old retired geologist. Brennan has been a member for the past four years.

There's also another reason why she's involved. "I have always liked stuff to do with food," she says.

"It seems like a way to get together with people on

common ground."

One project Brennan is excited about is community shared agriculture (CSA). This initiative involves consumers pledging support to a farm and in return, the farmers make weekly drop-offs of fruit and vegetable baskets. The cost is around \$30 per shipment.

"Tuesdays and Wednesdays here, the place is just buzzing with people coming and going," says Brennan.

The Grainery is working with two local farms, one in the Valley and one near Windsor, for this initiative. Some of the past goods delivered have included pumpkins, corn, potatoes, carrots and apples, says Brennan. Recently, strawberries were delivered.

"You don't know what you're going to find," she says.

One of the farms the Grainery works with on the CSA initiative provides goods year-round, and the other one provides those 18 weeks out of the year, during the harvest, says Brennan.

Defining North End's boundaries

GENEVIEVE MACINTYRE
for Metro Halifax

North End has different boundaries, depending on who you ask.

Some people say North End starts at the corner of Gottingen and Cogswell Street and up to Almon. Others say it starts at Agricola and goes all the way up to the MacKay Bridge, flanked by Robie and the harbour. Others say it's as widespread as from Barrington to Windsor to Cunard Street.

According to Jerry Blumenthal, (councillor, District 11, Halifax North End), the North End's boundaries start where North Street connects Robie to Barrington, along the Bedford Basin and everything in between, right up to the MacKay Bridge.

If you consider North End as District 11, Halifax North End, the boundaries start at North Street, up Robie, over Young Street and then down Bayers Road, over to Joseph Howe Drive, along the Bedford Basin right down to Barrington Street.

There is often confusion and discrepancies between the North End "community" the "district." Blumenthal has put in a request for a District 11 name change from Halifax North End to Richmond-Halifax Northwest. Richmond was the name of the area before the Halifax Explosion, and Halifax Northwest is more inclusive of the western end of the peninsula included in this district.

The community of North End has a thriving artistic area on Gottingen Street, including The Company House and The Bus Stop Theatre.

The Company House owner, Mary Ann Daye, opened the CoHo last January. The café by day/music venue by night has brought more people to the Gottingen Street area, exposing more people to the booming artistic scene of the North End community.

In the short time The CoHo has been opened, it has hosted many local and nationally known musicians, art shows, and participated as a venue in Halifax music festivals, including the upcoming Halifax Pop Explosion.

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ADVERTISING FEATURE

Bingo at the Forum still a hit 59 years later



Glen Matheson, Business Manager of the Halifax Forum Community Association (pictured at right), awards two lucky players with a large television just in time for the new fall TV schedule. One of the many prize giveaways the Forum Bingo adds as a bonus to its gaming format.

The Halifax Forum has been a popular meeting place since 1927, when it was considered the centre for sport, recreation and entertainment in the Maritimes. Since the late 50's the Forum has offered a licensed bingo operation to its entertainment mix and still today people come in masses for the social component as well as the thrill of the gaming experience.

Business Manager, Glen Matheson says the reason bingo has transcended generations is multifaceted. It's very social; you can see three generations of family enjoying themselves with friends

and neighbours. It's an easy game to play with a controlled spend. Players essentially choose their level of gaming when they enter the hall and from that they enjoy hours of entertainment. It is also important to recognize that our players take comfort in the fact that our proceeds go to a charitable cause.

Matheson says that the Forum Super Bingo is always welcoming new players. We encourage anyone new wanting to experience the fun to give us a call for an orientation and VIP treatment that will make your subsequent visits just as enjoyable.

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Did you know?

By the end of the 19th century, the perception of the North End had come to include Richmond, which never regained its individual identity following its total destruction in the Halifax Explosion. WIKIPEDIA.ORG

your neighbourhood: north end **15**

The annual Go North! studio and gallery tour allows neighbourhood residents and the general public to tour artists' studios.

Go North! a success

RICHARD WOODBURY
for Metro Halifax

Emily Davidson's involvement with the annual Go North! studio and gallery tour has changed significantly since it was first held in 2006.

"The first time I just went as a participant and I was really excited about the event," says Davidson of the inaugural 2006 event.

The one-day event allows neighbourhood residents and the general public to go on guided or self-guided tours of artists' studios and galleries. There are also workshops.

Davidson describes Go North! as a positive and welcoming way for people to check out the neighbourhood.

In the years following the inaugural event, Davidson was a tour guide, then an artist who opened her home for people to see, and she was the co-ordinator for this year's event, which took place on Sept. 12.

Long known as a hot spot for artistic talent, Go North! celebrates the creativity and culture of the North End.

"It (the North End) has a pretty long history of artists living in the community,"



Artist Emily Davidson, far right, was the co-ordinator for this year's Go North! event.

says Eyelevel Gallery director Michael McCormack. Located on Gottingen Street, Eyelevel Gallery is the one that puts on Go North!

New to Halifax in 2006, Davidson says the event was an excellent opportunity for her to "meet the city."

At the time, she didn't live in the North End and wasn't well connected with the art community there, but she says Go North! changed that.

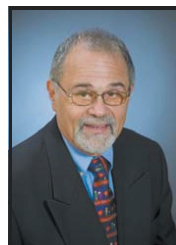
"I had an opportunity to see artists' spaces that I normally wouldn't get to," says Davidson. "I was pretty unfamiliar with the North End at the time, so it was a really wonderful introduction to the North End."

She must have liked what she saw. Davidson has been living in the North End for the past three years and her studio is also located there. Davidson is an interdisciplinary artist, meaning she's not confined to a cer-

tain method of art making, and is interested in a wide range of mediums.

McCormack says creating awareness of the artists living in the neighbourhood was the reason why Go North! was started.

"We wanted to produce an accessible tour of all these places because not everyone felt comfortable opening up their places to a bunch of strangers in a non-organized way," he says.



Jerry Blumenthal

Councillor, District 11
Halifax North End

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Popular Hydrostone in demand

JON TATTRIE
for Metro Halifax



The key to understanding why the Hydrostone was built the way it is in the name: Stone. The neighbourhood was built to replace housing lost the 1917 Halifax Explosion and its inhabitants wanted solid walls.

"The stone was selected because of its fire-resistant properties, because so much horror of the Halifax Explosion was fire-related," explains Paul Erickson, Saint Mary's University professor and author of *Historic North End Halifax*. "It's part of the Thomas Adams vision for redevelopment."

Imported from Adams's

native Britain, the "City Garden Movement" focused on walkable neighbourhoods that mixed residential, commercial and green areas. Along with the Africville relocation, the Cogswell Interchange and now HRM by Design, it was another example of Halifax having outsiders decide how to develop the city. Unlike those first two examples, the Hydrostone was instantly popular — and remains so, Erickson says.

The "Garden City Movement" vision that Adams was part of didn't spread, but Erickson chalks that up to the sputtering Halifax economy between the wars.

"It really was a long time before the North End came back — in my opinion, it wasn't really until the beginning of the next world war," he says. Then, pre-fabricated houses were hot and so dominated that phase of Halifax's architecture.

By the 1990s, the Hydrostone's commercial area had become somewhat



The Hydrostone's commercial area was restored after Larex Properties bought the buildings in 1993.

rundown, says developer Larry Swinamer of Larex Properties. Larex bought the commercial buildings in 1993 and spent a year restoring them, earning a Heritage Trust of Nova Scotia award in 1995.

"The ground level was a mix of residential units, some vacancies and some businesses," Swinamer

says. "The storefronts had been blocked in and had modern aluminum doors, others were whatever: It was very much a mish-mash."

Larex had a vision to turn the Hydrostone shops into a piece of "retail theatre." Unique shops, eateries and services. It modernized interiors while restoring

the exteriors to its original look and the neighbourhood is now one of Halifax's hottest — for residents and businesses.

"We've had a very stable tenant base for many years. Actually, it's the only commercial property I've ever owned that I have a waiting list for," Swinamer says.

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Community makeup

The North End has a thriving artistic community, with many painters, musicians and writers living there. WIKIPEDIA.ORG

your neighbourhood: north end **17**

Bridge work underway

RICHARD WOODBURY
for Metro Halifax

Work on the long-demanded safety barriers on the Macdonald Bridge is currently underway and will be completed by the end of the year.

"The sidewalk is almost done and then they'll move to the bikeway," says Halifax Harbour Bridges spokesperson, Alison MacDonald.

For a long time, it didn't look as though barriers could even be installed on the bridge.

"In the past, we had had engineering opinions that said that the structure could not withstand the additional weight of the barriers the full length of the bridge," says MacDonald, but recent analysis shows this isn't true.

The cost of installing the barriers will be about \$1 million.

Other plans for the bridge include focusing on sustainable transportation, says MacDonald. This includes working with the



Safety barriers on the Macdonald Bridge will be completed soon.

biking community and people who walk on the bridge to see what can be done to promote these modes of transportation.

One major concern is that the number of crossings on both the Macdonald and MacKay bridges are increasing every year.

"We don't think of it as a positive thing," says MacDonald.

"Some toll facilities around the world are seeing decreases, but we continue to see increases."

Simply put, more crossings mean greater congestion.

Some past initiatives that have helped reduce congestion were the introduction of the MACPASS and the reversible third-lane on the Macdonald

Bridge. But to further reduce congestion, the options are limited.

"There's very little that we can do to the structures as they exist now that will significantly reduce growing congestion," says MacDonald.

A study that should start within the next month or so will look at the impact peak-period tolling would have on congestion.

Peak-period tolling involves charging more for tolls during peak-usage periods or charging less during non-peak times. It can even involve a combination of the two. The reasoning behind peak-period tolling is that it spreads the traffic out over a larger period of time to reduce congestion.

The study will also look at the impact one-way tolling would have on congestion. One-way tolling involves paying the toll only when going in one direction, much like the Confederation Bridge linking Prince Edward Island and New Brunswick. This does not involve paying any less



Other plans for the Macdonald Bridge include focusing on sustainable transportation, such as promoting biking and walking.

or more, it is just paying the toll while heading in one direction.

"These are just things

that are being considered, they're by no way a done deal at all," says MacDonald.



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'I love the location'

JON TATTRIE
for Metro Halifax



The North End's reputation for walkability, affordability and diversity has steadily drawn artists, African-Nova Scotians, university students, Mi'kmaq people and Halifax's gay community. That mosaic of worlds keeps life lively, locals say.

"Living in the North End is diverse, sometimes scary, funny, entertaining and interactive," says North Street resident Patti Murphy. "I love the way that people of all walks of life know each other, even though they really don't. Even the 'pompous shop keeper' notices when one of the 'down and outs' goes missing and will ask around about them."

Murphy walks to her job at the Northwood seniors' home, the grocery store and her favourite bars and shops, meaning she doesn't need to hop in a car every time she goes outside.

"I love being able to walk down the street and say hello to people and greet their dogs, no matter if it is a pit bull or pure-



There is a real sense of community in the North End, local residents say.

bred," she says. She remembers one shopping trip to the Army Navy Store on Agricola Street. She found everything she was looking for, and also found out that the staff was playing in a band at the pub.

"Let's just say I love my 'hood and hope it doesn't change too much," Murphy says.

Taiya Barss moved to the North End 11 years ago from Cape Breton. As a painter, she had heard good things about its creative community.

"When I came here, I

"I love the way that people of all walks of life know each other, even though they really don't."

Patti Murphy, resident

didn't know all that much about it. I had talked to someone who said it was a good neighbourhood with a lot of actors, artists, dancers — that sort of thing — and that it was an interesting mix of people. That turned out to be true," she says. "I love it."

She found it easy to make connections, too, joining community groups that turned into friend-

ships. She recently started using a studio at Creative Crossings on Agricola Street, giving her space to work and interaction with other artists.

"I'm not an urban painter, but I still look at natural things around me in the city: Leaves, and things under rocks, and rocks that are on top of things," Barss says. "I love the location."



There are many artists who choose to call North End their home.



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Leisure activities, fun on offer in North End

GENEVIEVE MACINTYRE
for Metro Halifax



With three main HRM recreational centres, there is something fun for everyone in North End.

Bloomfield Centre is the home of the Community Garden, which is used by local societies and residents. It also hosts art programs for students and seniors. The George Dixon Centre offers lessons in pottery.

The Needham Pool holds

aqua fitness classes, noon-hour swims, and lessons. There are two spray pools in the area, (at the George Dixon and at the Isleville Street Playground). The Needham Centre and the George Dixon both host the Night Hoops basketball programs. All three centres rent out space to other sport groups.

Other outdoor facilities in the area include the North End Rink, tennis and basketball courts, and baseball fields. There is also plenty of green space

with historic significance, including Fort Needham Memorial Park.

The community YMCA (Gottingen Street) has "Kids in the Kitchen" program (in partnership from Sobeys on Windsor Street), where children aged eight and older gather to learn cooking and baking skills from a volunteer member of the community. The Y also hosts a program called "Seniors' Tea" where youth volunteer to serve seniors tea and biscuits, and socialize with them.

Happy 50th!

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Low high-school completion rate francophone Quebecers, Aboriginal youth

A new report from the C.D. Howe Institute concludes that high-school dropout rates in Canada are, in many cases, high, and are costly to society. The problem is particularly acute among Aboriginal individuals and francophone Quebecers. **METRO NEWS SERVICES**

19

Workology

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Canada's new masters of PR

The first Master of Public Relations class graduated from Mount Saint Vincent University, in Halifax, yesterday. The program is the only of its kind in the country. "We are extremely proud of the accomplishments of the members of this year's graduating MPR class," says Dr. Amy Thurlow, Chair of the university's public relations department. **METRO NEWS SERVICES**



Caitlin Mayo's chocolate totem pole showpiece won the people's choice award.



B.C.'s own Caitlin Mayo, right, a confectioner/pastry cook competitor of Team Canada, is seen at the 2009 WorldSkills in Calgary last month.



France's final chocolate showpiece had a fashion theme of a woman with a hat.

Student cooks up the gold

LINA TOYODA
for Metro Vancouver

Vancouver Community College baking and pastry arts student Caitlin Mayo recently brought home dessert gold from the 2009 WorldSkills in Calgary last month.

Competing against the world's burgeoning pastry chefs over four days, Mayo, 20, won the people's choice award and the medallion of excellence.

The WorldSkills event promotes industry excellence on an international level with competitions in 45 skill categories in trades and technologies, including web design, robotics, cooking, welding and landscaping.

Her prized chocolate showpiece, which she described as "a modern and abstract take on the totem pole," took the people's choice award in the final presentation, when technical skills and the creativity of the young pastry chefs are culminated.

"I used vibrant colours and it was flashy, which is a very popular style right now," Mayo said. "Instead of faces, I used different shapes stacked on top of each other and it had a Haida-style raven as the main piece. It was a very eye-catching element."

Each country is represented by an expert who

acts as a judge for a portion of the competition. Mayo explained that the highest and lowest scores are then thrown out and the final score is averaged.

"The judging is very subjective," she said. "There's even a category called 'finesse.'"

She and her fellow competitors called the scoring system "the figure-skating of the 'Skills' world."

Mayo's passion for the art of pastries shows when she expresses her admiration for her competitors' chocolate showpieces.

"One of my favourites was from Austria," she says. "They did a beautiful peacock. How they put

the tail together was amazing, and I liked France's showpiece. It was a fashion theme — a woman with a hat — and it had very clean lines."

Inspired by her mother during her childhood through baking cookies and other sweet things, Mayo said she knew what she wanted to do with her life at the age of 16 when she started her pastry-career training.

It's rare for a teen to know what she wants to be when she grows up, but Mayo says that in the world of pastry chefs, 16 is not considered an early start.

She said the WorldSkills competition has a young age limit of 22 because

many pastry chefs, particularly in Europe and Asia, begin training at a young age.

Rather than letting it be a disadvantage, Mayo in fact embraces Canada's culture and diversity into her pastry arts.

She says she has more creative freedom in a way, without the established influences and old cultural traditions of pastries in some European countries.

"Because we have so many foreign influences, I think I'm a very well-rounded pastry chef and people are often surprised," she said. "Canadians — we're a cultural mosaic. We take the best of everything and make it our own."



Caitlin Mayo won the people's choice award and the medallion of excellence at the 2009 WorldSkills competition.

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Justin Timberlake has been granted a restraining order against an "obsessed and mentally unstable stalker," according to court papers filed Friday. The woman was taken into protective psychiatric custody after trespassing earlier in the week. **USMAGAZINE.COM**

Entertainment

EDITOR: DEAN.LISK@METRONWS.CA



Pitt unharmed

Brad Pitt is OK after the motorcycle he was driving collided with a paparazzo's car Saturday in Los Angeles. Photo agency X17 reports that Pitt was hit from behind and lost his balance. **USMAGAZINE.COM**

Tragedy and triumph

Jennifer Hudson finds happiness a year after murder of three family members

In the year since three members of her family were brutally killed in Chicago, Grammy and Oscar winner Jennifer Hudson has found ways to heal and start a new life.

And it appears the 28-year-old is happy again.

The actress and singer has gushed over her role as a new mother. She has started going out again, including an appearance at a New York gala just days ago. And she's poured herself into her work, from a gospel-tinted rendition of the national anthem at the Super Bowl months after the slayings to a VH1 Divas concert in New York last month.

"Her way of grieving is to put it all into her work and

into her new baby," said Ian Drew, senior music editor at *Us Weekly* magazine. "She's celebrating what she has."

Now she is set to return to Chicago next month to film an ABC prime-time special in which she'll share memories of her childhood Christmases in her old neighbourhood and the church where she started singing.

It will be a bittersweet journey as she films Jennifer Hudson: I'll Be Home for Christmas, which is to air in December.

A year ago, just as her career was really taking off with roles in movies like *Sex and the City* and *The Secret Life of Bees*, Hudson had to return home for the

worst reason possible.

On Oct. 24, 2008, the bodies of her mother, Darnell Hudson Doner, 57, and brother, Jason Hudson, 29, were found in the family's home on the city's South Side. The body of her seven-year-old nephew, Julian King, was found days later in a sport utility vehicle on the city's West Side. All three had been shot.

Hudson has repeatedly declined to talk about

publicly about the killings. She and her publicist declined interview requests from *The Associated Press*.

William Balfour, the estranged husband of Jennifer Hudson's sister, Julia, was charged with first-degree murder in the killings. Balfour pleaded not guilty and remains jailed.

After the funeral and a star-studded memorial service, Hudson, who won her Oscar in 2007 for her

supporting role in *Dreamgirls*, spent the next few months away from the public eye.

By February, she had launched back into work, filming a video for *If This Isn't Love*, followed by the Super Bowl performance and a Grammy win for best R&B album for her self-titled debut CD.

These days, Jennifer Hudson is focusing on her son, David, named after her fiancé Daniel David Otunga.

Hudson recently talked with reporters about her son, saying she's looking forward to seeing "who he becomes, who he takes after, what he decides to do, if he'll sing."

THE ASSOCIATED PRESS

Weekend box office

- Paranormal Activity:** \$22 million US
- Saw VI:** \$14.8 million
- Where the Wild Things Are:** \$14.4 million
- Law Abiding Citizen:** \$12.7 million
- Couples Retreat:** \$11.1 million
- Astro Boy:** \$7 million
- The Stepfather:** \$6.5 million
- The Vampire's Assistant:** \$6.3 million
- Cloudy With a Chance of Meatballs:** \$5.6 million
- Zombieland:** \$4.3 million

THE ASSOCIATED PRESS

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
10/26/09	31	31	31	ABC	News Center 5	ABC Wild News	U.S. Senate Debate	Dancing With the Stars (HDTV) (Live)				Castle
	7	7	7	ASN	The Road to Avonlea		Gossip Girl (HDTV) (N)	So You Think You Can Dance		Two/Half Men	Big Bang Th	Castle
	11	11	11	CBC	Wheel-Fortune	Jeopardy! (N)	Battle-Blades	Just for Laughs (N)		CBC News: The National		The Hour
	2	2	2	CBC-F	Pyramid (SC)	La force	Virginie (SC)	L'Auberge du chien noir (SC)		La Galère (HDTV) (N) (SC)		Le Téléjournal
	32	32	32	CBS	WBZ News (N)	Evening News	U.S. Senate Debate	How I Met	Accidentally	Two/Half Men	Big Bang Th	CSI: Miami
	69	69	69	CTM	TVA nouvelles	Le Cercle (SC)	La Classe de 5e (HDTV) (SC)	Yamaska (HDTV) (N) (SC)		Lance et compte		TVA nouvelles
	6	6	6	CHF	Entertainment	ET Canada	Heroes "Tabula Rasa"	House		Lie to Me (HDTV) (N)		News Final (N)
	9	9	9	CJCH	etalk	Hollywood	CSI: Miami (HDTV)	Dancing With the Stars (HDTV) (Live)				CTV News
	10	10	10	ELTV	Face to Face	Fishing	Sportsland (Live)	Face to Face	Sportsland		Community Matters	
	36	36	36	FOX	Seinfeld	The Simpsons	Two/Half Men	So You Think You Can Dance		Lie to Me (HDTV) (N)		Fox First
news	12	12	12	NBC	News (N)	NBC News	U.S. Senate Debate	Heroes (HDTV) (N)		Trauma "Masquerade"		Jay Leno Show
	29	29	29	NW	To Be Announced		To Be Announced	To Be Announced		CBC News: The National		Obama's War
	4	4	4	PBS-B	NewsHour With Jim Lehrer	NewsHour With Jim Lehrer	Greater Boston	Chronicles		American Experience: 1929		Hoover-Lands!
	35	35	35	PBS-D	Guerra clans	Wipe Out	La Maison de	Rire et délire		American Experience: 1929		Hoover-Lands!
	68	68	68	TQS	Business News	Headline	Market Call Tonight	MoneyTalk	Market Call		Squeeze Play	Business News
	18	18	18	CNN	Situation Room-Wolf Blitzer		Lou Dobbs Tonight	Campbell Brown (N)			Larry King Live (N)	Cooper 360
	54	54	54	GOLF	Golf Central	Top 10	Learning	The Golf Fix	Top 10		Big Break Disney Golf	Lessons
	52	52	52	RSE	Connected W-Time		Best Damn Snow Angels	The Ultimate Fighter			This Great Land-Torch	Sportsnet Con.
	55	55	55	SCOR	(6) Morency	Covers Experts	RaceNight			(10:15) WWE Monday Night Raw		
	45	45	45	SPD	Unique Whips		Pass Time	NASCAR Hub	This Week in NASCAR (N)		SuperCars	Auctions
family	53	53	53	TSN	Off the Record	SportsCentre	That's Hockey!	Monday Night Countdown		NFL Football Philadelphia Eagles at Washington Redskins		
	43	43	43	FAM	Han, Montana	Wizards-Place	Sonny Chance	Zack & Cody	Overruled! (N)	Wizards-Place	Latest Buzz	Ned's School
	44	44	44	TOON	Scooby Doo! Pirates Ahoy! (2006)			Scooby-Doo and the Loch Ness Monster		Futurama	King of the Hill	American Dad
	26	26	26	TRE	Timmy Time		Backyardigans	Night Grdn	Max & Ruby	Little Bear	Bucket-Dinos	Babar
	27	27	27	YTV	iCarly	Flinstones Meet	Rockula	Prank Patrol	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like
	16	16	16	A&E	CSI: Miami "Recoil"		Criminal Minds (HDTV)	Intervention (HDTV)		Entre Soeurs 3: Le Début ** (2004, Horreur)		Paranormal
	70	70	70	APTN	APTN National News (N)		La Flamme: D'un océan	La Guerre de 1812				Pay It Off
	50	50	50	BET	106 & Park: BET's Top 10 Live			Boyz n the Hood *** (1991, Drama)		Larry Fishburne		
	37	37	37	BRVO	Wind at My Back		Raising the Bar		Cailla Franca: A Tour de Force		Monty Python: Almost the Truth	
	25	25	25	CMT	Karaoke Star "Finale"				Reba		According-Jim	Home Improve.
cable variety	49	49	49	COM	Just for Laughs		Air Force	22 Minutes	Corner Gas	Name Is Earl		Steven Wright
	153	153	153	COM	W-FIVE		Trace Evidence-Dr. Henry Lee		Cops Uncut	Dumb Criminal		Evidence
	38	38	38	DISC	Canada's Worst Driver		Daily Planet (N)		MythBusters		Dirty Jobs (N)	Worst Driver
	34	34	34	HGTV	Extreme Makeover: Home		House Hunters	Property Virgin	For Rent	Income Prop.	House Poor (N)	House Hunters
	46	46	46	HIST	The Color of War		Exploring Hitler's Munich		Patton 360		Battles BC	Generation Kill
	17	17	17	MM	Video on Trial	Video on Trial	One Tree Hill		Degrassi: TNG	Degrassi: TNG		So You Think You Can Dance Canada
	19	19	19	MM	mtop10.ca		The Daily Fix		Ranked!		Wild 'n Out	Brooke Knows
	201	201	201	M1	(7:10) Ring of Deceit (2009, Suspense)				Sanctuary "Revelations"		Dexter "Dirty Harry"	Californication
	48	48	48	OLN	Mantracker		Ghost Hunters	Bounty Hunter	Bounty Hunter		Survivorman	Ghost Hunters
	51	51	51	PEACH	The Office	Name Is Earl	Family Guy	Family Guy	House-Payne	House-Payne		Blade: Trinity
cable variety	206	206	206	PIX	(6:15) Run Silent, Run Deep		Under Suspicion ** (2000, Suspense)		Morgan Freeman		The Lost Boys *** (1987, Horror)	
	67	67	67	RDI	RDI monde	RDI économie	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)	RDI économie
	39	39	39	SHOW	Trailer Park		The Outer Limits		Time and Again (2007, Drama) Brooke Burns			Bones
	40	40	40	SLICE	Skin Deep	Skin Deep	Rich Bride, Poor Bride		Last 10	Last 10		Re-Vamped (HDTV)
	47	47	47	SPACE	Stargate SG-1		Stargate Atlantis		Star Trek: Voyager		Scream 3 *** (2000, Horror) (DVS)	Plastic-Perfect
	14	14	14	SPIKE	Ult. Fighter	The Ultimate Fighter (HDTV)		The Ultimate Fighter (HDTV)		Wild World		Disorderly
	57	57	57	STAR	etalk	TMZ (N)	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)	Dr. Oz Show
	21	21	21	TLC	Cake Boss	Cake Boss	Cake Boss	Cake Boss	Little People	Little People	Jon & Kate Plus 8 (N)	Cake Boss (N)
	56	56	56	34 TROP	Carlawood	Carlawood	Raymond	Raymond	The Outer Limits		ET Canada	Comeback
	20	20	20	TV5	Que-champion	Journal de F2		vie privée, vie publique		Les Ailes des héros		Living stones
cable variety	28	28	28	W	Doc		Murder, She Wrote		Green Grass	Summer Wine		Unscripted (N)
	97	97	97	VIVA	Da Vinci's Inquest		Judging Amy "Consent"		Missing "Victoria"		The Closer "Next of Kin"	Da Vinci Inq
	22	22	22	W	House-Sell	Style by Jury	Old Christine	Friends	Friends	Grocery Bag		House-Sell
	251	251	251	WGN	WGN Evening News		Two/Half Men	Family Guy	One Tree Hill (HDTV) (N)		Gossip Girl (HDTV) (N)	WGN News

critics'corner

CSI: Miami

Welcome back, Alex! Fans will remember that Dr. Alex Woods (Khandi Alexander), quit when a murder case hit a bit too close to home. She returns to help the CSIs when a killer jeopardizes the lives of Calleigh and Ryan (Emily Procter, Jonathan Togo). David Caruso and Adam Rodriguez also star in "Smoke Gets in Your CSIs." 8 PM on CJCH



How I Met Your Mother

Call this one "How They Met Barney's Mother." When Barney (Neil Patrick Harris) mysteriously takes leave of Ted (Josh Radnor) and the gang, they suspect he has a secret girlfriend. They follow him and discover that he is, indeed, meeting a woman, but it's not a romantic interest. Frances Conroy ("Six Feet Under") guest stars as Barney's mom, Loretta, in "The Stinsons." 9 PM on CBS

Trauma

As in almost any large city, all bets are off as Halloween arrives, and Tyler and Boone (Kevin Rankin, Derek Luke) rush to respond when a party turns chaotic. Glenn and Nancy's (Taylor Kinney, Anastasia Griffith) shift takes a bizarre turn. A secret is exposed that could change one of the partnerships. 10 PM on NBC



For October 23rd

- Miley Cyrus - Party In The USA
- Donnie Wahlberg - I got It
- IYAZ - Replay
- Jordin Sparks - S.O.S (Let The Music Play)
- Faber Drive - G-get Up And Dance
- David Guetta ft Akon - Sexy Chick
- Cobra Starship - Good Girls Go Bad
- Stereos - Throw Ya Hands Up
- Britney Spears - 3

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Simon Cowell has been dubbed "the neighbor from hell" by residents living near his \$23 million US dream home in Beverly Hills, which has been under construction for quite some time, according to the Daily Mail. **METRO WORLD NEWS**

Celebrity Buzz



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An impressive co-star

GETTING INTO CHARACTER Kristen Stewart is "astounded" by Taylor Lautner's new muscular physique, female-first.co.uk reports.

The Twilight Saga: New Moon actress is impressed with the way her hunky co-star has improved as an actor and bulked up for the upcoming installation of the vampire thriller franchise.

She told Total Film magazine: "The cool thing is that it's not just physical. You can read it all over him, just in his entire attitude. The difference between the kid

that did Twilight and this guy now is pretty astounding."

The couple first worked together when they filmed last year's hit romantic fantasy film and have spent the past few months shooting love scenes for the sequel — which focuses around the relationship between his

werewolf character Jacob and her alter-ego high school student Bella.

Taylor, 17, admits it was a struggle for him to get in shape for the highly-anticipated follow-up. He said: "When I was filming Twilight, I knew that Jacob's character changed a lot so if I wanted to continue portraying him correctly, I had a lot of work ahead."

METRO NEWS SERVICES



New kid-friendly beau

MUST LOVE CHILDREN When Britney Spears' two sons, Sean and Jayden, were looking for a pal to splash around with poolside during a recent trip with their mom to Mexico, they knew who to call on: Her new beau, Jason Trawick, people.com reports.

"Jason was great with the kids and you can tell Britney really trusts him," an eyewitness to the group's three-night getaway at the Tides Zihuatanejo resort in Mexico earlier this month, tells Us. "He would pick up Jayden if he

wanted to be held, immediately calming the boy down."

And it is Trawick's calming influence over her sons that puts mom Spears — whose two-year marriage to Kevin Federline ended in 2006 — at peace.

"He is absolutely fantastic with the boys," a Trawick pal enthuses. "When you see him with them, you wouldn't think for a moment that he wasn't their dad. He treats the kids like they are his own."

METRO NEWS SERVICES



New album, new love life for Mayer

MOVING ON John Mayer has a new gal pal to go with his new album, according to Hollyscoop.

The singer was spotted sharing a romantic evening at the Chateau Marmont with Parks and Recreation actress Rashida Jones.

And Mayer knows how to impress a lady, as sources say he "took a guitar from someone who was performing at the Chateau and put on an impromptu performance for Rashid."

METRO WORLD NEWS



Celebrity tweets

Jonathan Ross keeps fans updated on Morrissey after the singer's onstage collapse, **Nicole Richie** doesn't like what Los Angeles is doing to her, and **Katy Perry** is looking out for her former teen idols.

• **@wossy** Latest Moz update. He is resting and hoping to finish these dates, inc. Albert hall on Tuesday. Will keep you posted as and when.

• **@nicoleriche** Just had a brief encounter with a woman who was so nice, I thought she was joking & I got mad. I think it's time for me to move.

• **@katyperry** where in the world is Jonathan Taylor Thomas? I loved you JTT.



Lohan's job hunt

UNEMPLOYMENT Lindsay Lohan isn't having the easiest time finding work. Though she's been prepping for her second album for the last year and a half, she was recently dropped by Casablanca Records, according to Fox News.



METRO WORLD NEWS

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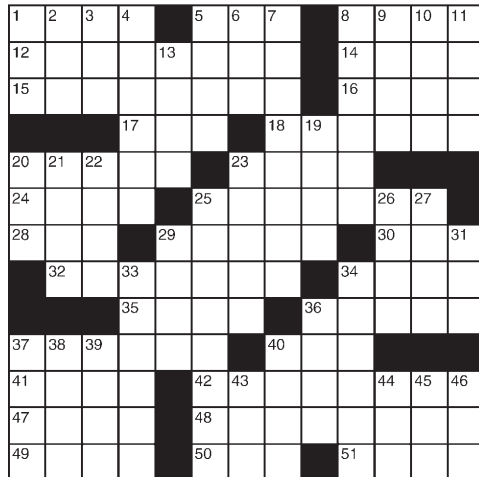
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Take Five



ACROSS

1 Brownish songbird
5 Tiny
8 Large (Pref.)
12 Godparents, e.g.
14 "Once — a time"
15 Barack Obama, e.g.
16 Exploit
17 Stocking stuffer?
18 Soft and weak
20 Actor Benjamin
23 Sandwich shop
24 Depend (on)
25 Insists on
28 Yoko of music
29 Break a Commandment
30 Discoverer's cry
32 One bordering on divine
34 Witticism
35 Soon, in verse
36 Rotates
37 Sound system

40 Kin of 30-Across
41 Cabbie
42 Raze
47 Liniment target
48 Eternally
49 Disposition
50 Operated
51 Break suddenly

DOWN

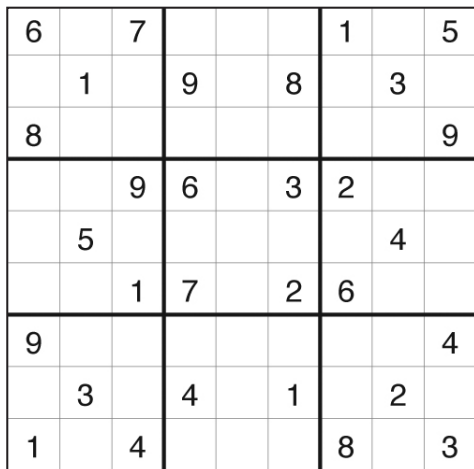
1 1960s hallucinogen
2 Gorilla
3 Computer acronym
4 Seemingly unsolvable
5 Had on
6 Historic time
7 Regarded
8 Drury Lane purchase
9 Duel tool
10 Capricorn
11 Initial stake
13 Edinburgh resident
19 Level
20 Sis' sib

21 Tear to bits
22 Lotion additive
23 English cattle breed
25 Humanitarian
26 Gloomy
27 Tibia's place
29 Movie
31 Chances, for short
33 Made an impression on
34 Compunctions
36 Explorer Heyerdahl
37 Counterfeit
38 Mexican entree
39 Reverberate
40 "So be it"
43 A Gabor sister
44 Charged bit
45 Spanish Mrs.
46 With it, once

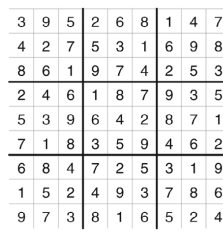
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



On the web

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Metro Recipe of the Day



Greek Pitas

INGREDIENTS:

1 cup (250 ml) plain yogurt
1 cup (250 ml) diced peeled cucumber
1 tsp (5 ml) dill weed
1/4 tsp (1 ml) seasoned salt
1/4 cup (50 ml) olive oil
1/4 cup (50 ml) lemon juice
2 tbsp (25 ml) Dijon mustard
2 garlic cloves, minced
1 1/2 tsp (7 ml) dried oregano
1 tsp (5 ml) dried thyme
1 1/4 lbs (625 g) lean boneless pork, thinly sliced
6 pita breads, halved and warmed
1 medium tomato, chopped
2 tbsp (25 ml) chopped onion

METHOD:

1. In small bowl, combine yogurt, cucumber, dill and seasoned salt; cover and refrigerate.
2. In large resealable plastic bag, combine oil, lemon juice, mustard, garlic, oregano and thyme; add pork. Seal bag and turn to coat; refrigerate 1 to 6 hours or overnight, turning occasionally.
3. Drain and discard marinade. In skillet, stir-fry pork about 4 minutes or until no longer pink. Stuff into pita halves; top with cucumber sauce, tomato and onion.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.comFor Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES

MARCH 21-APRIL 20



You need to break out of your self-imposed exile and get back in the mainstream of life. Aries needs excitement, so do something that thrills you.

LIBRA

SEPT 23-OCT 23



With Mars, planet of action, now transiting one of the more dynamic areas of your chart, you are sure to make a good impression.

TAURUS

APRIL 21-MAY 21



You will speak your mind today without fear of the consequences, and if others don't like it that's just too bad.

SCORPIO

OCT 24-NOV 22



With the Sun your sign and articulate Mercury joining it there on Wednesday you know precisely what to say and do to get the response you are after.

GEMINI

MAY 22-JUNE 21



This may not be an easy time for you but this week's major planetary changes indicate you will rise to the challenges — and there will be plenty.

SAGITTARIUS

NOV 23-DEC 21



Doors that have been closed to you in the past are now opening wide, but you seem reluctant to take what is being offered.

CANCER

JUNE 22-JULY 22



You will be at your best over the next few days. Cosmic activity in the most dynamic area of your chart makes all things possible.

CAPRICORN

DEC 22-JAN 20



The most important thing this week is that you stay calm and don't get carried away with your own success.

LEO

JULY 23-AUG 23



Try not to commit yourself to anything that cannot be changed at a moment's notice. The cosmic climate is unsettled to say the least.

AQUARIUS

JAN 21-FEB 18



Force yourself to enjoy what you have to do today and before you know it, everyone will be patting you on the back.

VIRGO

AUG 24-SEPT 22



No one would deny that you have encountered some serious issues in recent weeks and have made a pretty good effort at sorting them out.

PISCES

FEB 19-MARCH 20



With the Sun now moving in your favor you're free to dream and encouraged to believe your dream will come true. Why shouldn't it?

This day in history

1775: King George III goes before Parliament to declare the American colonies are in rebellion, and authorized a military response to quell the American Revolution.
1951: Boxer Joe Louis comes out of retirement to fight Rocky Marciano. However, Marciano would win the fight in eight rounds.
1959: The world sees the far side of the moon for the first time.
1965: The Beatles are appointed Members of the Order of the British Empire (MBEs).
1992: The Charlottetown Accord fails to win majority support in a Canada wide referendum.

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JLX model shown^o

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9.2 L/100KM CITY (31 MPG)
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CONSUMERS SHOULD READ THE FOLLOWING: Vehicles may not be exactly as shown. Limited time offers are subject to change without notice. †\$1,000 cash back offer is available only on remaining 2009 SX4 sedans and will be deducted from the negotiated price before taxes and can be combined with special lease and finance offers. *MSRP of a new 2010 SX4 AWD Hatchback with manual transmission (Model H3NB2J0), 2010 Grand Vitara with automatic transmission (Model L2NB5T0) and 2009 SX4 Sedan with manual transmission (Model S3L83J9) is \$21,595/\$27,995/\$17,395. \$1,395/\$1,550/\$1,395 destination and delivery charge, administration fee, \$75 tax for fuel conservation (Ontario only), duties on new tires (where applicable), \$72 PPSA (where applicable), other taxes, license, insurance, applicable fees and registration are extra. **Limited time finance offers available to qualified retail customers on approved credit. Special bi-weekly purchase financing offer is available for a 48/60/72 month term or for a total of 104/130/156 bi-weekly payments. The bi-weekly payment at 0%/0%/0% purchase financing APR is \$207/\$215/\$111. Cost of borrowing is \$0/\$0/\$0 for a total obligation of \$21,595/\$27,995/\$17,395. Financing example does not include \$1,395/\$1,550/\$1,395 destination and delivery charge, administration fee, \$75 tax for fuel conservation (Ontario only), duties on new tires (where applicable), \$72 PPSA (where applicable), other taxes, license, insurance, applicable fees, registration or \$1,000 cash back credit on 2009 SX4 Sedan. †MSRP of models shown, 2010 Grand Vitara JLX with automatic transmission (Model L2MB5V0) and 2009 SX4 Sedan Sport with manual transmission (Model S3L83K9) is \$29,495/\$19,345. \$1,550/\$1,395 destination and delivery charge, administration fee, \$75 tax for fuel conservation (Ontario only), duties on new tires (where applicable), \$72 PPSA (where applicable), other taxes, license, insurance, applicable fees and registration are extra. Certain conditions apply. Dealers may sell for less. †Based on 2009 competitive website information at time of print. †Based on Fuel Consumption Guide ratings published by Natural Resources Canada. Your actual fuel consumption may vary. Refer to the Government of Canada publication EnerGuide Fuel Consumption Guide. Information shown is based on the latest available information at the time of print. See participating dealers for conditions and details. Offers end November 9th, 2009. ©2009 Suzuki Canada Inc.